



August 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



MSC, Dental Corps
Birthdays — Pages 10-11

Construction Completed on Two New OR Suites

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

The construction of two operating room suites was completed at Naval Medical Center Portsmouth, with an Aug. 21 ribbon cutting celebrating the completion of the 17-month, \$3.15 million modernization.

The completion of the suites emphasizes the medical center's commitment to the highest standard of surgical care, ease of recovery and the best value of a patient's health care benefit.

Operating Room 1 is now the largest robotic suite on the east coast, where surgeons will use the DaVinci Si robotic surgical

system to perform complex procedures that require absolute precision. They range from treatments for kidney, bladder and prostate cancers to hysterectomies and pelvic reconstruction for organ prolapse. Pediatric procedures include resection of lung masses and diaphragm hernia repair.

OR 2 has been transformed into a state-of-the-art urology suite with a larger operating table and the permanent location of one of the C-arm fluoroscopes. This suite will primarily be used to treat patients with kidney stones.

The project included enlarging the rooms from just over 300 and 400 square feet, respectively, to more than 850 and nearly 550 square feet, including storage space for support equipment and operating supplies. Upgrades include lighting, medical gas and equipment support booms; air handling units and video monitors; floor, wall and ceiling finishes; and automated doors.

"This project took us a long time because we contin-

— See SUITE, Page 6



Rear Adm. Terry Moulton, NMCP commander, and Lt. Cmdr. Janelle A. Fox, pediatric urologist and chair, Robotic Surgery Committee, cut the ribbon to officially open the new robotic suite for the DaVinci Si robotic surgical system.



Red Cross Awards Youth Volunteers

The Red Cross Summer Youth Volunteer Program ended Aug. 18, with 23 volunteers receiving awards during the closing ceremony. Forty volunteers worked throughout NMCP for the eight weeks, donating more than 1,400 hours of service.

Photo by MC2 (SW/AW) Terah Bryant

Save the Date

Voting Information

The days are counting down until the Nov. 4 general election! Active-duty service members should register, request and return ballots now to make sure they have the opportunity to vote absentee. Those who have not requested their absentee ballot for the 2014 general election should visit to FVAP.gov and use the online assistant to complete the Federal Post Card Application. To contact NMCP's voting assistance officer, call 953-1987.

If ballots are not received by Oct. 4, voters should use the Federal Write-In Absentee Ballot as a back-up ballot. The online assistant at FVAP.gov will pre-populate the FWAB with candidate lists depending on the Congressional District. Remember, the FPCA is only used for absentee voting. Those who live within their voting jurisdiction should register to vote using their state form.

Stress Management Seminar

Stress Management Seminar on Sept. 8, 10 and 12 from 9 – 11:30 a.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Wait Center. Stress is an unavoidable fact of life.

The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management and progressive relaxation.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

Credit Management Seminar

Credit Management Seminar on Sept. 9 from 2 – 3 p.m. at Fleet and Family Support Center, NMCP's Bldg. 249 next to the Child Wait Center.

Learn valuable information about establishing a credit history, choosing and

using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

PAIRS Marriage Retreat

The PAIRS Marriage Retreat is a wonderful opportunity for couples to strengthen their marriages by learning more effective ways of communication. The next retreat is Sept. 12 – 14 at the Hampton Crowne Plaza and the cost is free. Future dates are Nov. 14 – 16, Feb. 20 – 22, and May 1 – 3.

For more information, call 722-9961 ext. 3601 or email Laura.Quintero@va.gov.

Master Chief Theater

Join NMCP's command master chief for Master Chief Theater on Sept. 26 at 6:30 p.m. in the auditorium in Bldg. 3. The movie is "Transformers: Age of Extinction," which is rated PG-13. Admission is free for all.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

THE COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Cir., Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

To submit an article or information for publication, contact the Public Affairs Office by calling 953-7986 or emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

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NMCP Corpsman Selected for Physician Assistant Program

By MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

Fulfilling a childhood dream inspired by the tragic death of his younger sister, a Naval Medical Center Portsmouth hospital corpsman recently learned that he was selected for the Interservice Physician Assistant Program at Fort Sam Houston in Texas.

Hospital Corpsman 2nd Class Joseph Ichull was originally named first alternate of the 700 applicants to the PA program. After a service member had to drop out, Ichull was moved onto the selected list and had only two weeks to prepare to transfer. He checked out from NMCP on Aug. 8, the same day the other 16 candidates were reporting for school.

Being selected for the program gives Ichull the opportunity to complete a Masters of Physician Assistant Studies degree, and upon graduation from the program, he will receive a commission as a lieutenant junior grade.

Ichull said becoming a physician assistant will extend his knowledge and ability to care for patients.

"Sometimes I feel restricted as a respiratory therapist," Ichull said. "Now I will have more knowledge and the ability to do more for the patient. I want to gain the knowledge to further help people and to be a good officer. I just want to be a sponge for the next two years of this intensive training."

His childhood experiences in Africa led to him joining the Navy and the Hospital Corps. His sister died from malaria and rheumatic fever when she was 9, while they were living in Nigeria.

"It is something that is very curable here, but in Nigeria, we have no health care," Ichull said. "That is why I joined the medical side (of the Navy). Why I worked in the Neonatal Intensive Care Unit for a while was because of that experience."

Ichull became a naturalized citizen after

emigrating from Nigeria, joining the Navy "to pay back America for what she's done for me."

"I came to America in February 2007, and I knew I wanted to serve," Ichull said. "I left for boot camp June 26 of that same year."

He started his career at Naval Hospital Guam and then attended Respiratory Therapy "C" School in 2010. From there, he transferred to NMCP in September 2010.

"I had worked with a few physician assistants and doctors, but it was when I was (deployed to) Kuwait in 2011 that I really sat down to look at the requirements," Ichull said. "I knew what requirements I met and what I needed to work toward."

Working to meet the college requirements, Ichull has attended Old Dominion University for the past three years. He worked the night shift during the three years so he could attend classes during the day. He is currently a semester away from completing an Associate's Degree in Respiratory Therapy.

He applied for IPAP the first time in 2013 to progress his career and knowledge.

After sitting at the top of the alternate list for months, Ichull found out he was accepted on July 25. While on leave, he received a phone call that morning and was told he needed to report to work in 30 minutes.

"I thought I was in trouble!" exclaimed Ichull. "I had no idea why I was needed, but I figured it wasn't good since they were calling me in from leave."

Ichull was brought to the office of the director for Medical Services, where Cmdr. Reginald Ewing III told him the good news.

"Once they told me I had been accepted, I mentally passed out!" Ichull said.

The program is 29 months long, with



Photo by MC1 (SW/AW) Abraham Essenmacher

After originally being the first alternate, HM2 Joseph Ichull was selected for the Interservice Physician Assistant Program at Fort Sam Houston in Texas.

students attending Phase I in Texas and Phase II in San Diego. Phase I is 16 months long and consists of basic medical science courses. Phase II consists of 14 clinical rotations at Naval Medical Center San Diego and civilian facilities in San Diego.

Physician assistants work with supervising physicians and surgeons, providing services ranging from primary care and surgical subspecialties, to overseeing a medical team and training others in areas such as emergency medicine and family practice.

For others who are considering applying to the program, Ichull encourages them to research the qualifications and submit an application.

"You don't know how qualified you are until you apply, and the worst they can say is 'no,'" Ichull stated. "I sent my transcripts to the school for the years, just to see their feedback on why I didn't meet their requirements."

And now, finally, through hard work and perseverance, he has.

The first group of medical recruiters to tour the operating room views a surgical procedure in Operating Room 10.



Medical Recruiting Academy Visits NMCP

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Two dozen medical recruiters from the eastern half of the country visited Naval Medical Center Portsmouth on Aug. 20 to tour key areas of the facility and speak with members of various health care fields during a discussion panel.

The recruiters' visit was part of the Medical Recruiting Academy, which came to Norfolk for the first time after several years of being held in San Diego.

During the weeklong academy, coursework focuses on specific fields of Navy Medicine, which includes the Medical Service Corps, Medical Corps, Dental Corps and Nurse Corps.

The visit to NMCP augmented the focus on the four corps, with the opportunity to see where prospective candidates could work and speak with seasoned Navy health care professionals about their career paths and experiences in Navy

Medicine.

The tour of NMCP included the Occupational Health Clinic, operating room, Intensive Care Unit and Simulation Center.

"It was really good. I've never been stationed here in Portsmouth," said Chief Hospital Corpsman (SW) Kenda Smalls, who has been recruiting from Navy Recruiting District St. Louis for two months. "I didn't realize all of the robotics the OR has and the things that have changed since I've done patient care. I'm a pharmacy technician, so it's been a lot of years since I've actually worked on wards. Seeing the changes and how comparable it is to civilian health care is interesting. I feel jealous of the Simulation Center, that I didn't have that when I was a young corpsman."

After the tour, the discussion panel consisted of eight staff who had been recruited through a special medical program or

— See **MRA**, next page



The recruiters receive a thorough tour of the Simulation Center from Jon Lorenz, senior technical advisor, who spoke about the capabilities of the state-of-the-art mannequins and the types of procedures that doctors, nurses and hospital corpsmen can practice.

MRA — *Continued from previous page* had experience with applicant selection boards or medical officer detailing.

"I thought the visit was very informative and the staff was helpful in addressing our issues and how we can relate it to our civilians who we are talking to in convincing them to join the Navy," said Lt. Barry Moore, a five-month veteran of NRD Houston. "The OR was the best stop on the tour. The technology that the Navy has that is at least on par if not above what you'd find in the civilian market."

Listening to NMCP staff speak about camaraderie among service members was significant for Moore.

"Translating that camaraderie to civilians is difficult," Moore said. "They don't always have that frame of reference for telling them that when they come to this job, they are going to look at their co-workers as their colleagues, their friends and their family. If we continue to expose them and educate them on the Navy and Navy values, I think it will sink in."

For Smalls, an important aspect of the visit was seeing the day-to-day work environment of a large medical center, as well as making contacts.

"I really think hearing what they do every day and meeting other people and having resources to call on is so helpful," Small said. "Now, if I get a nurse candidate, and they are asking questions I don't know, I have someone I can call.

I can call commander and say can you talk to this young lady and explain about nursing in the Navy. So it's nice to talk to the panel and get contacts that I can call back on for knowledge."

NMCP's contribution to the academy not only helps support the efforts of these new medical recruiters, but is

the Navy way, we bring them into this course."

Fail said recruiters are taught to better analyze their market, learn best practices to find the most qualified candidates and are armed with knowledge about career opportunities in Navy Medicine they can discuss with candidates.



One of the medical recruiters opens the discussion panel with a question.

also an investment in the future of Navy Medicine and the ability to bring exceptionally qualified staff to NMCP.

"We run the medical recruiting academy four to five times a year," said Lt. Richard Fail, the national team trainer for medical programs and academy facilitator. "Historically, we've run that out of San Diego the last couple of years. These classes are for newly minted recruiters. They will first graduate the basic officer recruiting in Pensacola, Fla., and then after several months of feeling the pressure of recruiting, the struggles

of doing the paperwork, going out into a market that they don't know to meet individuals and try to talk

"The bottom line is this course really helps them be more efficient and effective in meeting their recruiting goals," Fails said. "Touring a facility like Naval Medical Center Portsmouth and meeting staff are an important part of that."

In the future, Fail hopes to bring the MRA to Norfolk – and to NMCP – twice a year. Fail plans to hold an executive level course here in early 2015, which would offer the same course to senior NRD leadership.

"I'm very appreciative of NMCP's staff," Fail said. "It's very humbling for people of this stature to take time out of their schedule – I know how busy they are. I'm a health care administrator in the Navy. I've been in the Navy for 26 years, it's all about the patients, and for them to take time out to tell their story, I'm very appreciative to this command for doing that."



Cmdr. Coleman Bryan, a member of the Medical Corps, speaks to the group about his experience on the selection board for Medical Corps candidates.

SUITE — *Continued from page 1*

ued to refine it so we could best meet our patients' needs," said Cmdr. Kimberly Davis, director for Surgical Services. "We are very proud of our corpsmen and our nurses who have completed training; our anesthesia support staff who make all of these procedures possible. And of course, our surgeons who have learned the necessary skills.

"It takes real dedication from our entire team to keep up with the new technology and incorporate what will make a difference for patients – like decreased hospital stays, blood loss and postoperative pain," Davis said. "We hope this is the start of more to come. We hope we can have more fully integrated suites like these."

NMCP has three robotic trained nurse coordinators and 10 robotic credentialed or candidate surgeons. With the creation of the robotic suite, NMCP has been able to add the ability to track the use of robotic disposable equipment, case times and cost efficiency, and compare them to community and academic robotic surgery programs.

"The software communicates with the patient cart that carries surgical supplies and sees how many disposables we are using during the case, which can be used to track which types of disposables are making cases more efficient," said Lt. Cmdr. Janelle Fox, chair of the Robotic Surgery Committee and pediatric urologist. "We might find that even though we think we are doing processes the best way, other surgeons may be more proficient. We can compare how we are using the robot to see if we can improve our efficiency."

"It takes real dedication from our entire team to keep up with the new technology and incorporate what will make a difference for patients – like decreased hospital stays, blood loss and postoperative pain. We hope this is the start of more to come. We hope we can have more fully integrated suites like these."

— Cmdr. Kimberly Davis, director for Surgical Services

In addition to maximizing the efficiency of each procedure, the creation of the two suites will also save the time of moving equipment from one OR to another. The time that had been used to set up the equipment, 30 – 40 minutes for the DaVinci alone, can be used to train staff or perform procedures instead. The permanent suites also make scheduling the surgical procedures easier, since previously, only a couple of rooms could fit all of the necessary equipment.

NMCP's robotic surgery program began in 2010. During robotic surgery, surgical instruments and small cameras on the robotic arms are inserted through small incisions in the patient's abdomen. Surgeons sitting at a console see the surgical field through a three-dimensional monitor and use hand and foot controls to operate the instruments inside the patient.

The robot's arms reduce surgical tremor and translate small motions at the console into precise, scaled motions within a patient's body, which makes for safe operation on even the most delicate of structures.

With a renewed dedication to improved patient safety and reduced surgical times, NMCP is working to add additional procedures to its robotic surgery program and continue to provide the latest advances in surgical interventions and training. These ultimately translate into new opportunities for NMCP's surgeons and a higher level of care for their patients.



Cmdr. Kimberly Davis, director for Surgical Services, thanks the surgeons, nurses, anesthesiologists and surgical technicians for their dedication to continually improving patient care and safety through the use of such state-of-the-art equipment.

Civilians of the 2nd Quarter Recognized

Congratulations to the Civilians of the Quarter for the 2nd Quarter of 2014! They were recognized during a ceremony Aug. 21, where NMCP commander, Rear Adm. Terry Moulton, presented them with certificates and coins. From left: Sarah L. Bisch, DMH Child Psychiatrist, Category II, Clinical; and Emmanuel Surret, Radiology, Category II, Administrative.

Not pictured: Pamela Jones, DPC Medical Home Port, Category I, Clinical; and Tara N. Linebarger, DRM Budget Department, Category I, Administrative.



Photo by MM3 Domonique Crisostomo

August Is National Immunization Awareness Month

Vaccines are an important step in protecting against serious, and sometimes deadly, diseases.

Vaccines are among the safest and most cost-effective ways to prevent disease. They not only protect vaccinated individuals but also help protect entire communities by preventing and reducing the spread of infectious diseases.

Health care professionals are the most trusted source of information about vaccines for patients and for parents.

For more information about vaccines, visit www.cdc.gov/vaccines.



Officers of the 2nd Quarter Recognized



Photo by MM3 Domonique Crisostomo

Congratulations to the Officers of the Quarter for the 2nd Quarter! They were recognized August 21 by Rear Adm. Terry Moulton, NMCP commander, who presented them with certificates and coins.

Front row, from left: Lt. Heather L. Rosati, Medical Service Corps; Capt. Wendy M. Boruszewski, Dental Corps; Ens. Sheila O'Connor, Nurse Corps; Back row from left: Capt. Aaron J. Ballantyne, Medical Corps; Lt. Cmdr. Brian J. Guerrieri, Dental Corps; Lt. Cmdr. Scott A. McGrill, Nurse Corps; Not pictured: Lt. Cmdr. Efland H. Amerson, Medical Service Corps and Lt. Cmdr. Shauna F. O'Sullivan, Medical Corps.

Breastfeeding Is an Art: Celebrating World Breastfeeding Week

STORY AND PHOTOS BY MC2 (SW) TERAH L. BRYANT
NMCP Public Affairs

Aug. 1 – 7 is World Breastfeeding Week, but lactation consultants at Naval Medical Center Portsmouth spread their knowledge and information to expectant and new mothers year round.

With approximately 300 babies born each month at NMCP, statistics show that new moms at the medical center seem to prefer breastfeeding, with 80 percent of them breastfeeding their babies.

“There are so many benefits to breastfeeding, and it’s more than just a nutrition issue,” said Kimberly Roberts, one of three lactation consultants at NMCP.

“A baby who was breastfed will score higher on an IQ test,” said Roberts, who spoke enthusiastically of the benefits. “Also, when breastfeeding, and the baby is skin to skin with the mother, being that close regulates the baby’s breathing, heart rate, body temperature and makes the baby happy.”

Lactation consultants provide lactation service to mothers and newborns right after baby is born. They also see patients after they’ve left the hospital, and offer a telephone information line to provide guidance and support. Roberts also responds to general questions mothers have.

“I don’t limit myself to just lactation because new mothers are going to have questions about caring for their infant, and to me that goes hand in hand with our job,” Roberts said.

Some mothers are uncomfortable with the idea of breastfeeding, and the reasons vary.

“Some women have a modesty issue; they may not be comfortable with the thought of breastfeeding in public, or maybe a lack of knowledge, or sometimes it is a medical reason,” she added, acknowledging that “breastfeeding is an art and everyone does it differently.”



Lactation consultant Kimberly Roberts offers advice to Jessica Miller about breastfeeding her twin girls.

Roberts and her colleagues work in NMCP’s Mother and Baby Unit and are available to mothers post-delivery for any questions or assistance. For moms who want to breastfeed, the lactation consultants come into the room to help mom and baby get a good start.

“We are here because lactation consultations foster protection, support and promotion of breastfeeding and that gives our babies the very best start in life,” said Roberts.

“When a mother is having complications breastfeeding, I put on my gloves, pick up the baby and look in their mouth,” she added. “In order for a baby to successfully breastfeed their tongue must go from back to the front of the mouth along with a number of factors.”

Roberts’ goal is “to get the mother completely comfortable with breastfeeding her child on at least one side. I want them to know they can go home and be able to do it, with no concerns.

“Breastfeeding fosters strong bonds between mother and baby while it helps the mother be confident in caring for her child. It makes the Navy stronger because they have more productive, happier Sailors who are valuable contributing members of society,” added Roberts.

A breastfeeding basics class is held every Wednesday and a Working Moms class is offered the first Saturday of every month. TRICARE beneficiaries who would like to enroll in a class should call 1-866-MIL-HLTH.



Lactation consultants Jeannette Carter, Kimberly Roberts and Cynthia Stuckey of NMCP show off their World Breastfeeding Week poster in the Mother and Baby unit.

Oakleaf Room Provides Privacy for New Moms

STORY AND PHOTOS BY
MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

New moms at Naval Medical Center Portsmouth now have a dedicated lactation room where they can breastfeed their babies or pump milk privately. The Oakleaf Room was officially opened Aug. 21 following a dedication and ribbon-cutting ceremony.

Staff and Oakleaf Club members celebrated the opening of the room, which is located in the Women's Health Clinic on the fourth floor of Bldg. 2 in the medical center. The room gives a private place for patients and staff who are breastfeeding to pump and then store their breast milk for later use.

The idea for the room came from employees of the clinic and was completed with the help of the Oakleaf Club.

"In spring, we sent out a letter asking for wish lists: items that (government) budgets can't pay for and we will go through and see what we can assist with," said JoAnn Moran, Oakleaf Club treasurer. "We picked some of the items that would benefit a large amount of people."

With the help of the Oakleaf Club and staff, an office was transformed into a lactation room that would help many. While the Oakleaf Club donated the funds to complete the project, Hospitalman Jazmine Artz and other corpsmen and physicians from the clinic painted and decorated the room to make it calm and inviting.

"At one point, we had six staff pumping, and finding a place was very difficult," said Air Force Maj. Ashley Storms, obstetrics physician and project lead of the Oakleaf Room. "When talking with them, (they said) it would be a delight if we could have a convenient place for them to go and pump."

Capt. (sel) Nanette Rollene, chairman of Obstetrics and Gynecology, said that there already was one place for mothers to pump in the hospital, but noted that it is a very popular and busy facility, "So it would be nice for mothers to have a place within their workplace to go and be comfortable."

Storms said there are many reasons why the new Oakleaf Room is beneficial to NMCP, moms and babies.

"We know how wonderful breastfeeding is and how breastfeeding is best for our developing infants," said Storms. "Anything we can do to promote breastfeeding, the awareness of breastfeeding and facilitate the ease



HN Jazmine Artz and JoAnn Moran, Oakleaf Club treasurer, cut the ribbon on the new Oakleaf Room Aug. 21 in the Women's Health Clinic at NMCP.

of doing so within the hospital for our patients and staff, we should do. And this is one of those efforts."

According to Rollene, one of the goals is to become certified as a Baby-Friendly Hospital. The Baby-Friendly Hospital initiative is a global program launched by the World Health Organization and the United Nations Children's Fund in 1991 to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding and mother/baby bonding.

"Two years ago, the hospital signed a breastfeeding policy that has many steps to promote breastfeeding. A lot of the steps include doing things like this, and promoting awareness in different areas of the hospital," Storms said. "If anyone should be promoting breastfeeding and making it easier for mothers to be at work and informing patients, it should be us in the Women's Health Clinic."



The Oakleaf Room is now open to all patients and staff members for a private place to pump or breastfeed. The Oakleaf Room was dedicated by the Oakleaf Club who supplied the funds for the project.

NMCP Celebrates 102nd Dental Corps Birthday

STORY AND PHOTOS BY MC2(SW) TERAH BRYANT
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated the Navy Dental Corps' 102nd birthday two days early Aug. 20 in the courtyard with a ceremony and cake cutting.

NMCP has eight dental clinics in southeastern Virginia with more than 530 dental staff members consisting of dentists, dental assistants, dental hygienists, dental laboratory technicians and maxillofacial laboratory technicians.

"We serve the largest concentration of naval personnel in the eastern United States," said Cmdr. Raynese Fikes, director for dental services.

The ceremony included a reading of birthday messages from the Navy corps' chiefs and the Force Master Chief.

"As members of the Navy Medicine team, we have supported Sailors, Marines and family members at home and abroad since our official inception in 1912," wrote Rear Adm. Stephen Pachuta, Chief, Navy Dental Corps. "Today, our remarkable team of active and reserve dental officers, hospital corpsman, civilians and contractors continue to provide the highest level of oral healthcare and compassion to our Sailors, Marines and their loved ones, all over the world."

In a message from Rear Adm. Terry Moulton, NMCP commander and chief of the Navy Medical Service Corps, said, "Your commitment to the operational readiness of our Sailors and Marines has resulted in a force that is dentally ready to defend our nation."

"You and your entire corps can be very proud of the extraordinary contributions you have made over the past 102 years and should look forward to future successes as you support Navy Medicine's global mission," he added.

The ceremony concluded with the cutting of the cake by the most senior and junior dental officers present, Cmdr. Joy Meade

and Lt. Lulu Fang.

According to Fikes, the primary mission at NMCP is to achieve operational dental readiness for active duty personnel while optimizing dental health for the world's most-deserving patients. The traditional dental clinics are augmented by Mobile Dental Units that provide checkups pierside to minimize disruptions to ships' crews.



Cmdr. Joy Meade and Lt. Lulu Fang, the most senior and junior officers, cut the cake celebrating the 102nd Dental Corps birthday Aug. 20 at NMCP.

The Navy Dental Corps was established Aug. 22, 1912, with an Act of Congress that was later signed by President Howard Taft. The Secretary of the Navy was authorized to appoint no more than 30 acting assistant dental surgeons to the Medical Department. Six years after the Dental Corps was founded, the United States entered World War I. During that conflict, the Dental Corps expanded from 35 to more than 500 personnel, including 124 dentists commissioned in the regular Navy.

Nowadays, more than 2,500 active duty and Reserve Dental Corps personnel serve and support the Navy and the Marine Corps throughout the world and care for Sailors, Marines and their families.



Those gathered for the 102nd Dental Corps birthday celebration seek shade from the warm weather as they listen to the reading of the birthday letters in the Bldg. 1 courtyard.

Medical Service Corps Birthday Celebration Focuses on Mentorship

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated the 67th Medical Service Corps birthday on Aug. 4 with the reading of birthday letters from the chiefs of the Medical, Dental, Nurse and Medical Service corps and the force master chief before cutting the ceremonial cake.

Cmdr. Paul Allen, Nutrition Management Department head, began the ceremony by reading a brief history of the MSC, before turning the floor over to those reading the letters.



Capt. Mary Nunley, senior nurse executive, reads the letter from the chief of the Nurse Corps, who stated, "The service you provide to our nation's active duty members, retirees and dependents has helped make Navy Medicine one of the highest quality health care systems in the world."

In the letter written by Rear Adm. Terry Moulton, NMCP commander and MSC chief, he thanked the corps for "providing high quality health care to our warfighters, their families and those entrusted to our care."

"Since 1947, the Medical Service Corps has led from the front in clinical, scientific and administrative specialties while supporting the mission of the Navy Medical Department," Moulton wrote in the birthday letter. "The hallmark of the Medical Service Corps has been mentoring and grooming junior officers to develop into leaders of choice for Navy

Medicine. This year, I challenge you to find a mentor, become a mentor, or continue to mentor, and emphasize the leadership and professional fundamentals that make our corps

strong and prepared for any challenge that may lie ahead."

After the reading of Moulton's letter by Cmdr. Tim Richardson, director for Resource Management, Moulton spoke personally about his experience as a junior MSC officer and the great mentors he was surrounded by, reiterating the importance of mentorship.

"As I was beginning at my first duty station, I had great mentors, including nurses, doctors and fellow MSC officers," Moulton said. "We are standing on the shoulders of giants. If we focus on mentorship, we will continue to make our corps strong. Today, we celebrate our 67 years, and we have a lot to be proud of. With that, I wish everybody a happy birthday."

The ceremony concluded with Moulton cutting the cake with Ensign Akakpossa Ananou, the most junior MSC officer at NMCP.

In his letter to the Medical Service Corps, Vice Adm. Matthew L. Nathan, Navy surgeon general, wrote about his experience with those in the corps.

"I truly have great appreciation for the MSC and its more than 30 individualized specialties," Nathan wrote. "It is such a diverse corps and I am constantly amazed by the breadth and knowledge that these officers possess. Their passion for science – from research, to operational medicine, to health care administration – is unmatched."

"Over the past year, I have witnessed their many achievements and contributions at home and abroad," Nathan continued. "Whether serving at sea, on deployments and humanitarian missions, clinics, inpatient facilities, and research units around the world, MSC officers continue to lead from the front lines. Their commitment and service have left an unprecedented mark on the history of the United States Navy and the care we provide each and every day."

Today, there are more than 3,000 officers on active and reserve duty, serving within the 31 specialties of MSC.



Rear Adm. Terry Moulton, NMCP commander and chief of the Medical Service Corps, and Ensign Akakpossa Ananou, a laboratory division officer and the most junior MSC officer at NMCP, cut the ceremonial cake marking the corps' 67th birthday.

SENIOR SAILOR OF THE QUARTER

As Operative Support Department leading petty officer, Hospital Corpsman 1st Class Sarah E. Lanning is responsible for the professional development of 39 Sailors in four work centers: Post Anesthesia Care Unit, Day of Surgery Clinic, Pain Management Clinic and Ambulatory Surgery Center. Lanning tracked and maintained career information and intentions, career development board and C-Way due dates, CMS-ID submissions, medical readiness, training scheduling and physical fitness assessments, with 100 percent accountability.

Her effective management was vital to the delivery of superior health care to all eligible beneficiaries who received surgical services. Dedicated to the professional growth and development of Sailors, she initiated three BJOQ nominations, one JSOQ nomination, one Shipmate of the Month selection, two NAM citations, one FLOC citation, and 39 performance evaluations. HM1 provided Navy Pride and Professionalism training to 105 Sailors enforcing Navy policies and expectations.



Photos by MC1 (SW/EXW/AW) Gary Johnson



SAILOR OF THE QUARTER

Hospital Corpsman 2nd Class (FMF) Bernard Harrison Jr., through his dedicated leadership as leading petty officer of the Orientation Division and the manager of the Petty Officer Leadership Program, ensured the outstanding management of 22 command programs. These include Command Orientation, Nursing Orientation, General Military Training, and the Petty Officer Leadership Course.

HM2 personally supervised 95 instructors and coordinated 10 Petty Officer Leadership courses for NMCP, the branch health clinics and other Hampton Roads commands. Through personal example and commitment, he instilled 233 future E6 and below Sailors with leadership training that adheres to the Navy standard. Harrison also led three enlisted staff members in the certification of 753 students in four Orientation Division programs for newly reported staff.

JUNIOR SAILOR OF THE QUARTER

As a basic dental prosthetic technician at the Boone Dental Clinic, Hospital Corpsman 3rd Class Emmanuel O. Adomako has contributed to the current dental operational readiness of 95 percent. As assistant work center supervisor, he leads five Sailors and three civilians in daily front desk operation, ensuring accuracy, organization, fluidity, and expedient flow of more than 80 beneficiaries daily. Adomako is also the equipment manager, safety petty officer and facility representative for the department. He conducts monthly safety training for 14 active duty and 30 civilian personnel and performs a monthly equipment inventory report on \$2 million of equipment with zero discrepancies.



Health Benefits Office Moves to More Convenient Location

By MC2 (SW) TERAH L. BRYANT
NMCP Public Affairs

The Health Benefits Office at Naval Medical Center Portsmouth moved Aug. 8 to Bldg. 249, next to the Child Wait Center. The move will allow the health benefits advisors to better serve their customers.

The new location is the former site of the TRICARE Service Center, right across from the main entrance of the medical center, next to the parking garage.

"As soon as the TRICARE Service Center closed April 1, we started pursuing the space," said Mike Williams, Health Benefits Office department head. "We are easier to find now. It is a much more convenient location, which in turn will enable us to provide our customers with better service."

The benefits office assists customers through walk-ins and over the telephone. Services include helping beneficiaries determine TRICARE benefits and eligibility; referrals and authorizations; TRICARE prime travel benefits; TRICARE and active duty claims; and assistance with TRICARE Prime enrollment.

"We are a business, here to serve our customers, and we can't serve our customers if they have trouble finding us," Williams said. "We are here to assist customers in understanding anything and everything with their benefits, from TRICARE

Prime enrollment to filing a claim. We want our beneficiaries to have a better understanding of the program and get the help they need."

According to Williams, they have approximately 560 walk-ins and more than 1,100 phone calls a month, which is a 10 percent increase since the TRICARE Service Center closed.

They also offer educational briefings for general military training, ombudsmen groups, support groups and pre-deployment.

For health benefits assistance, call 953-2610 or 953-2611, Monday through Friday, 7:30 a.m. to 3:30 p.m.



Photo by MC1 (SW/AW) Abraham Essenmacher

BLUE JACKET OF THE QUARTER



As general duty corpsman directly responsible for Overseas/Sea Duty Screening Program and Special Assignment Screening Program, Hospitalman Brad L. Somera completed 100 percent of medical queries for 202 suitability screenings and 25 unsuitable screenings, which saved the Navy \$375,000 and helped ensure the fleet's medical readiness.

As the Bloodborne Pathogen Program screener, he tracked and followed up with 40 NMCP staff members, ensuring completion of program requirements after post exposure to pathogens that may hinder patients and members health. Somera has dedicated 26 volunteer hours this quarter alone, leading by example within command and through community involvement; leaving a personal and professional reputation for his peers to emulate.



Civilian in the Spotlight

Latrevette Jackson

Hometown: Kinston, N.C.

Years of government service: Contract (seven years at NMCP)

Job: General Surgery Clinic nurse

What do you like most about your job? Helping patients.

What do you do in your off-duty time/hobbies? Spend time with family, read books

Favorite movie: Finding Nemo

Favorite food: Southern food

Why was she nominated as Civilian in the Spotlight? “Latrevette Jackson is a dedicated performer whose professionalism and superior clinical expertise have significantly contributed to the mission of the General Surgery Clinic,” said Capt. (sel) Kevan Mann, General Surgery Clinic department head. “She is currently the nurse team leader for the Blue Surgical Team, which includes six

surgeons who see more than 200 patients per month. Mrs. Jackson provides pre-op, post-op and follow-on care for more than 250 beneficiaries monthly. In addition, Mrs. Jackson is responsible for the coordination and management of the team’s clinic templates, referral management and scheduling surgical procedures. In a demanding general surgery clinic, Mrs. Jackson handles stressful situations in a calm and professional manner. Her dedication and expertise have directly contributed to the General Surgery Clinic and NMCP efforts to improve the value of patient care and is most deserving of this recognition.”

Sailor in the Spotlight

HN Amanda G. Walker

Hometown: Dayton, Ohio

Years of naval service: One year (eight months at NMCP)

Job: Senior corpsman/safety petty officer, General Surgery Clinic

What do you like most about your job? Interacting with patients. I love to teach and mentor other Sailors.

What do you do in your off-duty time/hobbies? I bake and play volleyball.

Favorite movie: Pride and Prejudice

Favorite food: Starbucks

Why was she nominated as Sailor in the Spotlight? “HN Walker is highly motivated and dependable,” said Hospital Corpsman 2nd Class (AW/NAC) Justin Denmon, the leading petty officer of the General Surgery Clinic. “She always operates with a smile and a great sense of professionalism. Her work ethic and professionalism is recognized by her superiors, and she is selected by providers for the most challenging tasks.”



Photos by MC1 (SW/AW) Abraham Essenmacher

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Claude Anderson
 Capt. Donald Carr
 Capt. Mary Nunley
 Capt. Bradford Smith
 Cmdr. Todd Parker
 Cmdr. Dennis Rivet
 Lt. Cmdr. Stefanie Wheelbarger
 HMCM (SW/AW) John Mooers
 HMCS Mark Bryant
 HMCS (SW) Charles Butler
 HMC (SW) Mary Guinto

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Regina O'Nan
 Cmdr. Rhonda Hinds
 Cmdr. Christopher Kuzniewski
 Cmdr. David W. Labrie
 Cmdr. Duane M. Lawrence
 Cmdr. James Lynch
 Cmdr. Christopher Niles
 Lt. Cmdr. Lucelina Badura
 Lt. Cmdr. Michelle Brown
 Lt. Cmdr. Alison Christie
 Lt. Cmdr. Derrick Colmenar
 Lt. Cmdr. Curt Cunningham
 Lt. Cmdr. Candace Foura
 Lt. Cmdr. Maria Grauerholz
 Lt. Cmdr. Anne McDonough
 Lt. Cmdr. Susan Tillmon
 Lt. Theresa Morris
 Lt. Louis Pastore, III
 Lt. Harley Ragle, III
 Lt. Kent Wong
 HMCS (SS/SW) Jeffrey Klimczak
 EMC (SW/AW) Raymond Asuncion
 YNC (EXW/AW) Renee Bass
 HMC (FMF/SW) Mark Bearis
 HM1 (SW/AW/SCW/FMF) Samirah Abdullah
 HM1 Shawna Atkins
 HM1 (FMF) Tanya Burton
 HM1 (SW/AW) Brigitte Coates
 HM1 Yolande Crisp
 IT1 Guadalupe Gomez
 HM1 (FMF) Alan Louis
 HM2 Amanda Manno
 HM3 (SW/AW) Stacy Millsaps

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Matthew Breckenridge
 Lt. Cmdr. Angel Perez
 Lt. Cmdr. Alan Snyder
 Lt. Heather Hauck
 Lt. Michael L. Labib
 Lt. Shane Latimer
 Lt. Matthew Reilly
 Lt. David Wolfe
 Lt. j.g. Jamie Moore
 RP1 Dana D. Saunders
 HM2 Charles W. Blalock
 HM2 (FMF/SW) Jodi Chang
 HM2 (AW/SW) Yonne Coronado
 HM2 (FMF) Christopher Davis
 HM2 LaToya Evans
 HM2 (EXW) Demetrius Green
 IT2 Jose Guereca
 HM2 Arinna C. Loaiza
 HM2 (FMF) Matthew Powell
 HM2 Take Valasquez
 HM3 (SW) Chelsea Allen
 HM3 Rebecca Hurst
 HM3 (FMF) Randall L. Kelley
 HM3 Patrice Labon
 HM3 Jennifer Lewis
 HM3 Evan Marsh
 HM3 (FMF) Joseph M. Nyberg
 HM3 Woodrow W. Scott, III
 HM3 Liliana Tressler
 HN Liliana Tressler
 HN Jamar, Burr
 HN Jaquarius Jemison
 HN Tristan Pilot

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HM3 Joshua Allard

NORTH ATLANTIC TREATY ORGANIZATION TREATY MEDAL

Lt. Jonathan Rebustillo
 HM2 Tyron Glenn
 HM3 Joseph Crapanzano

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Elizabeth Hain
 Anthony Lombardi
 Christa Sexton

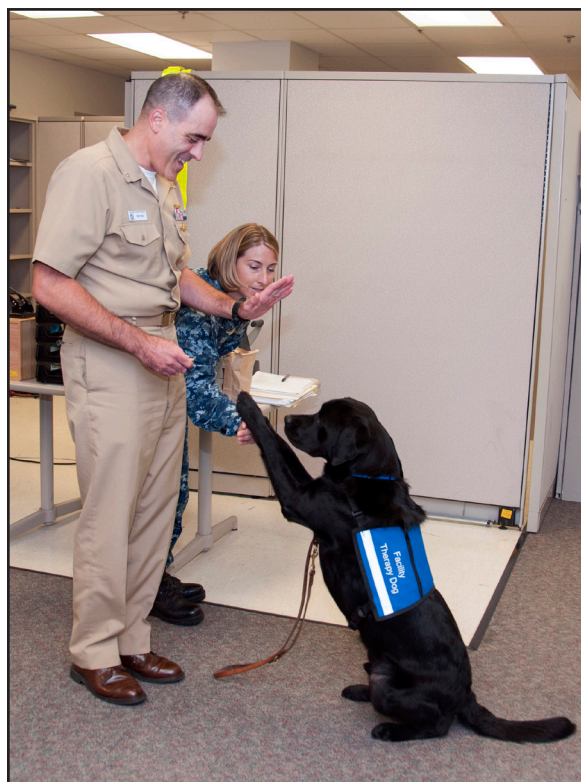
SHIPMATE OF THE MONTH



Photo by MM3 Domonique Crisostomo

MM2 EMILY BRAGERS, DQM
HN DUSTIN COLLAMORE, DPHS
HN JASON DEVERA, DSS
HN SARA ELLIS, DMS
HN BRIAN McLAUGHLIN, DFA

HM3 BRITTANY MONROE, DPE
HN JOSHUA MORENO, DMH
HN ALEXANDER NGOTSOUNGUI, DCSS
HA RUCHELL PERRY, DNS
HA ANDREW SHIMMEL, DPC



Photos by MM3 Domonique Crisostomo

Therapy Dog Lokey Commissioned

Therapy dog Lokey arrived at Naval Medical Center Portsmouth in June, and after he spent some time acclimating to his new surroundings, his handlers held a commissioning ceremony for him on Aug. 1. His primary handler, Lt. Cmdr. Misty Scheel, Wellness and Command Fitness Department head, decided to commission Lokey one paygrade above her to show respect for the dog. During the ceremony, Cmdr. Kevin Brown, director for Public Health Services, swore him in as a commander and a collar device was pinned to his vest.

